

2023 USATF High Performance Domestic Opportunity - 6/24/2023

Our Lady of Good Counsel High School

Results - Saturday Session

Women 100 Meter Dash

Name	Team	Prelims
Preliminaries		
1	Brown, Alexis	DC Cadets 12.45q 0.7
2	Ndiaye, Seynabou	DC Internati 12.61q -0.1
3	Hankerson, Jordan	DC Internati 12.63q -0.1
4	Cross, Ni-Ann	DC Internati 12.77q 0.7
5	Mills, Mia	Unattached 13.66q -0.1
6	Benson, Mareya	Corentyne Co 13.74q 0.7
7	Ekpo, Blessing	Unattached 14.22q -0.1
8	Brown, Erica	Unattached 14.87q -0.1
9	Johnson, Tiombe	Unattached 15.31 -0.1

Women 100 Meter Dash

Name	Team	Finals
Finals		
1	Brown, Alexis	DC Cadets 12.28 -0.6
2	Ndiaye, Seynabou	DC Internati 12.33 -0.6
3	Hankerson, Jordan	DC Internati 12.43 -0.6
4	Cross, Ni-Ann	DC Internati 12.74 -0.6
5	Mills, Mia	Unattached 13.66 -0.6
6	Benson, Mareya	Corentyne Co 13.73 -0.6
7	Ekpo, Blessing	Unattached 14.04 -0.6
8	Brown, Erica	Unattached 14.79 -0.6

Women 200 Meter Dash

Name	Team	Finals
Finals		
1	Belle, Tia-Adana	G.W.Express/ 24.22 0.5
2	Yourish, Cymia	DC Cadets 24.88 0.5
3	King, Lailah	DC Cadets 24.90 0.5
4	Mosley, Natasha	DC Cadets 25.75 0.5
5	Labor, Sara	DC Cadets 26.17 0.4
6	McLlwain, Mia	DC Cadets 26.61 0.4
7	Ndiaye, Seynabou	DC Internati 26.62 0.4
8	Hankerson, Jordan	DC Internati 26.65 0.4
9	White, Yvette	DC Internati 27.55 0.4
10	Monroe, Sydney	DC Cadets 27.60 0.4
11	Benson, Mareya	Corentyne Co 28.86 0.2
12	Mills, Mia	Unattached 29.26 0.4
13	Morton, Rickiyah	DC Internati 29.57 0.4
14	Ekpo, Blessing	Unattached 29.92 0.2
15	Johnson, Tiombe	Unattached 31.64 0.2
16	Brown, Erica	Unattached 33.17 0.2

Women 400 Meter Dash

Name	Team	Finals
Finals		
1	Belle, Tia-Adana	G.W.Express/ 53.90
2	Yourish, Cymia	DC Cadets 54.63
3	Mosley, Natasha	DC Cadets 57.24
4	Labor, Sara	DC Cadets 57.92
5	McLlwain, Mia	DC Cadets 1:00.35
6	Monroe, Sydney	DC Cadets 1:00.97
7	White, Yvette	DC Internati 1:02.98

Women 800 Meter Run

Name	Team	Finals
Finals		
1	Charles, Ericka	G.W. Express 2:15.47
2	Helm, Erica	Unattached 2:58.27

Women Triple Jump

Name	Team	Finals
Finals		
1	Udo, Jean	Unattached 37-07.00 NWI

Men 100 Meter Dash

Name	Team	Prelims
Preliminaries		
1	Hammond, Solomon	Coppin State 10.54q 0.1
2	Modeste, Kurt	Limestone 10.72q +0.0
3	Gibbs, Kody	Unattached 11.23q 0.3
4	Williams, Tanner	DC Internati 11.29q 0.1
5	Coleman, Oral-Anthony	Unattached 11.38q 0.1
6	Harrington, Myles	Unattached 11.44q +0.0
7	Blair, Lud	Corentyne Co 11.58q +0.0
8	James, Antwan	Carroll TC 11.61q 0.1
9	Llames, Gerard	G8 Sports De 11.82 0.1
10	Williams, Malachi	DC Internati 11.99 0.3
11	Martin, Tristan	Corentyne Co 12.09 0.3
12	Lomax, Bennett	Corentyne Co 12.16 0.1
13	Winter, Otto	Unattached 12.32 0.1
14	Epebinuade, Adeniran	Unattached 12.32 0.3
15	Kim, Ben	Corentyne Co 12.54 +0.0
16	Nelson, Etroy	Tnt Internat 12.74 +0.0
17	muhammad, Curtis	Unattached 15.08 0.1

Men 100 Meter Dash

Name	Team	Finals
Finals		
1	Hammond, Solomon	Coppin State 10.39 -0.4
2	Gibbs, Kody	Unattached 11.09 -0.4
3	Williams, Tanner	DC Internati 11.24 -0.4
4	Coleman, Oral-Anthony	Unattached 11.32 -0.4
5	Blair, Lud	Corentyne Co 11.40 -0.4
6	Harrington, Myles	Unattached 11.44 -0.4

Men 200 Meter Dash

Name	Team	Finals
Finals		
1	Amoah, Joseph	Take Notice 20.62 -0.4
2	Okezie, Chidi	Unattached 20.95 -0.4
3	Marcelle, Phillip	GW Express 21.02 -0.4
4	Modeste, Kurt	Limestone 21.03 -0.4
5	Williams, Tanner	DC Internati 22.48 +0.0
6	Langford, Noah	Unattached 22.49 -0.4
7	Chapman, Isaiah	St. Augustin 22.50 -0.4
8	Gibbs, Kody	Unattached 22.99 -0.4
9	Blair, Lud	Corentyne Co 23.65 +0.0
10	Llames, Gerard	G8 Sports De 23.73 -0.4
11	Redd, Jamel	Capital City 24.11 +0.0

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Finals ... (Men 200 Meter Dash)

	Name	Team	Finals
12	Lomax, Bennett	Corentyne Co	24.18 +0.0
13	Martin, Tristan	Corentyne Co	24.61 -0.4
14	Hamilton, Corey	Corentyne Co	24.74 -0.4
15	Winter, Otto	Unattached	25.27 +0.0

Men 1500 Meter Race Walk

	Name	Team	Finals
Finals			
1	Gersh, John	Potomac Vall	10:25.17

Men 400 Meter Dash

	Name	Team	Finals
Finals			
1	Okezie, Chidi	Unattached	46.73
2	Owusu-Antwi, Martin	Take Notice	47.50
3	Anderson, Robin	Unattached	49.08
4	Brown, Wendall	Unattached	54.27
5	Williams, Malachi	DC Internati	56.28
6	Kim, Ben	Corentyne Co	56.97
7	Redd, Jamel	Capital City	59.06
8	Knott, Amari	DC Internati	59.52
9	McNeil, Earl	Unattached	1:01.99
10	vanderhoof, gary	Unattached	1:07.78

Men 800 Meter Run

	Name	Team	Finals
Finals			
1	Abrams, Colin	Unattached	1:53.83
2	Erazo, George	DC Internati	1:56.81
3	Abunakar, Chris	GC Track Club	2:02.89
4	Brown, Wendall	Unattached	2:08.96
5	Rider, Tim	Unattached	2:42.50

Men 1500 Meter Run

	Name	Team	Finals
Finals			
1	Spalding, RJ	Unattached	5:31.19
2	Poulos, Ted	PVTC	8:31.50

Men 400 Meter Hurdles

	Name	Team	Finals
Finals			
1	Bruno, Nate	GW Express	52.86
2	Chapman, Isaiah	St. Augustin	53.02
3	Langford, Noah	Unattached	53.58

Men Long Jump

	Name	Team	Finals
Finals			
1	Smith, Jason	Unattached	25-02.00 NWI
---	Williams, Tanner	DC Internati	FOUL

Men Triple Jump

	Name	Team	Finals
Finals			
1	Dillard, Drew	Carroll TC	43-05.00 NWI